



Right and Responsible Living
SESSION FIVE

In partnership with



Catholic
Campaign
for Human
Development



With additional support from: Catholic Charities USA

Session Five

RIGHT AND RESPONSIBLE LIVING

2 HOURS

Overview J-Walkers explore the connections between their relationship with God and their relationships with fellow human beings. They come to see that to love God *is* to love one’s neighbor; to love one’s neighbor *is* to love God. J-Walkers discover the reality that we have been built by our Creator for this type of living; we need only to *be* to find right, relational living.

Aim J-Walkers will feel empowered to spend more time simply *being*—both alone and with other people. They will come to understand that in being with people, they can practice loving them, and that in loving others, they are putting their love for God into action.

Environment Place the prayer cloth in the center of a circle of chairs or pillows. Put the Bible, bowl with olive oil, candle, and newspaper on the cloth. Have the flower and other materials available close by. Write the title of the session (Right and Responsible Living) on the cloth. J-Walkers should bring their journals and pens.

SUPPLIES FOR THIS SESSION:	BROUGHT BY:
Prayer cloth and markers	
Small bowl with a few drops of olive oil	
Pillar candle and matches	
Flower	
Bible marked at 1 John 4:7-12 and Luke 10:38-42	
CD Player and companion CD	
Reflective music (optional)	
A copy of <i>No Room at the Table</i> and <i>Everyday Justice</i>	
Attachment A (Wheel of Love) with the text trimmed off	
Attachment B (Spokes on the Wheel)	
Markers (many different colors)	
Current newspaper	
A copy of the co-facilitation schedule	

CO-FACILITATOR TASKS:	DONE BY:
Review materials and gather supplies.	
Delegate facilitation roles.	
Write the session title on the prayer cloth.	

1

GATHERING 30 minutes

You will need... pillar candle and matches; a small bowl containing olive oil; newspaper; No Room at the Table; journals and pens.

1.1 Signing

You will need... a pillar candle and matches; a small bowl with a few drops of olive oil.

Light the candle. Take the bowl and anoint each person on the forehead with a touch of oil, while someone offers this short blessing (Psalm 23:5-6):

***You anoint our heads with oil...our cup is overflowing.
Surely goodness and kindness will follow us all the days of our lives.***

Invite people to quietly make the sign of the cross:

Mind of Christ, enlighten us... (Touch head)
Compassion of Christ, move us... (Touch heart)
Message of Christ, speak through us... (Touch left, right shoulder)
***With hearts and minds anointed,
we reclaim our baptismal responsibility as prophetic, holy, servant people.***

1.2 Praying the News

You will need... a recent newspaper.

 Pray a news story.

Close with a response prayer, such as ***Lord have mercy*** or ***Lamb of God...***

(For a full description of "Praying the News," see Step One Overview, Attachment A.)

1.3 Opening Dialogue (20-25 minutes)

You will need... No Room at the Table; journals and pens.

Open space for J-Walkers to share thoughts from their reading of *No Room at the Table*, insights from their journals, and feelings or pivotal experiences of the first step of the J-Walking and the Justice Pilgrimage. Begin by reminding everyone:

***Dialogue is about listening and sharing. This is not a debate. Anyone can share,
no one is required to speak, and all are expected to listen.***

As the dialogue closes, thank everyone for sharing and listening.

2

LISTENING 55 minutes *(includes a brief break)*

You will need... a flower; the Bible marked at 1 John 4:7-12 and Luke 10:38-42; Attachment A (Wheel of Love) with the text trimmed off; Attachment B; markers of various colors.

2.1 Symbol

You will need... a flower.

Pick up the flower and introduce the symbol:

***Flower...symbol of life and abundance...
the product of right relationship between earth, rain, and sun.***

Pass the flower around the circle. Invite J-Walkers to silently reflect:

***What is the soil that allows you to grow?
What beauties within you are waiting to flower?
Right and responsible living begins with the simple realization
that we are children loved by God.***

Place the flower in the center of the circle:

2.2 Presenting the Theme (25 minutes)

You will need... the Bible marked at 1 John 4:7-12; Attachment A (Wheel of Love); markers (of various colors); Attachment B (Spokes on the Wheel); Companion CD cued to "Yesterday I Saw Jesus."

Lead the group through this echo prayer (Psalm 9:18):

Co-facilitator prays:

***The needy shall not always be forgotten...
Nor the hopes of the poor be in vain...***

(Pause and repeat the prayer.)

J-Walkers pray:

***The needy shall not always be forgotten...
Nor the hopes of the poor be in vain.***

✠ Read 1 John 4:7-12 – *Let us love one another, since God loves us.*

Hold up Attachment A:

Imagine for a moment that the dot in the center of this circle is God, the center of everything, the source of life in whom "we live and move and have our being" (Acts 17:28).

Now, imagine with me that this outer circle is humankind.

Take one of the markers and draw a line or “spoke” from the outside rim to the center dot:

The scripture from 1 John reminds us: we draw near to God through love.

Hold up the circle so everyone can see the spoke. Take two other colors and draw two more spokes; keep all three spokes relatively close to one another. Pass the sheet around the circle:

When other spokes representing other people are added to this wheel, we are given a powerful image of being in right relationship with God and one another. Did you notice that the closer the spokes get to the center, the closer they come toward one another? Did you notice that the spokes are farthest away from one another in the places where they are farthest away from the center?

The closer we draw near to God in love, the closer we come to one another. And the closer we draw near to one another in love, the closer we come to God.

Place the paper in the center of the circle:

To love God is to love neighbor. And to love neighbor is to love God. But what does this look like when we take it off the paper? Throughout the scriptures, God gives us guidelines for how to love. God instructs us to feed the hungry, clothe the naked, visit the prisoner. God asks us to welcome the stranger, the orphan, and the widow. In short, God invites us to create communities of compassion and justice in which every person is given the same life-right as the flower: the ability to BE and to be WELL.

Use Attachment B to invite J-Walkers one by one to add a spoke to the wheel.

♪ “Yesterday I Saw Jesus” from the companion CD

Let us not forget that true love is about weaving a fabric of justice and compassion on which everyone can depend.

2.3 Break

Offer J-Walkers a short break before the session continues. If the energy of the group is still strong, you might wait to take the break until after the Spiritual Practice is introduced.

2.4 Spiritual Practice (10 minutes)

You will need... the Bible marked at Luke 10:38-42; markers.

Write the title of the spiritual practice (DOING Less—BEING More) on the cloth:

Dorothy Day reminds us that “we cannot love God unless we love each other, and to love we must know each other.” To love people, we have to know people. And to know people, we have to be with them.

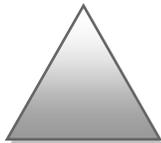


Read Luke 10:38-42 – *Martha works, Mary visits.*

Our third spiritual practice is “DOING Less, BEING More.” For the next few weeks, we will practice Sabbath Justice, reducing activities to make time for people. We will consider the following questions: Who or what is the organizer of my life? Around what or whom do I plan my time? We will practice the importance of being over the next few weeks.

Invite J-Walkers to open their journals to page 39. Dialogue on how to practice “Living with Enough”:

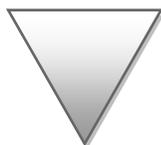
- Examine your typical day or week and choose one activity to drop or postpone.
- Look at the key relationships in your life and focus on the one most in need of quality time and presence.
- Try re-arranging your life priorities around people rather than activities.
- Plan a visit with a neighbor, friend, or relative.
- Make an empty space in your calendar (at least one hour) to spend alone or with family.
- Make a point of stopping to talk with people every day.
- Look for an opportunity to stop and talk with a neighbor or classmate who is unfamiliar to you.
- Choose a regular day of the week and dedicate it as a “spirit” day for rest and reflection.
- Prepare and share a meal with family or friends.
- Invite a family member or a friend to go for a long walk.
- Spend time with your journal or write a letter to a person in your care.



Activities to Embrace

RIGHT AND RESPONSIBLE LIVING

Activities to Minimize



- Multi-tasking (doing several things at once, such as eating while working or talking on the telephone) and any fast-paced activities designed for convenience rather than care.
- Talking about how busy you are, complaining about how much you have (chosen) to do.
- Hurrying or rushing through tasks.
- Focusing only on what you can accomplish, not giving time/attention to the people around you.
- Evaluating a day or an experience by how much you were able to “get done.”

Each J-Walker commits to *embrace* at least one activity
and to *minimize* at least one activity.

Ask people to make note of their personal commitments in their journals.

Jean Vanier said, "Contact with people who are crying out...is one of the most important nourishments in our lives. As long as we remain at the level of 'doing' things for people, we tend to stay behind our barriers of superiority."

3 SHARING 30 minutes

You will need... journals and pens; CD player and reflective music (optional); markers.

3.1 Journal Reflection (5-15 minutes)

- ☐ Open space for journaling and silent reflection. You may choose to play reflective background music. After a time, call everyone back to the circle.

3.2 Closing Dialogue (15-20 minutes)

Invite people to share their thoughts on today's session. Use these questions to spark dialogue:

If you were a castaway on a deserted island, what basics would you need for a dignified, manageable existence?

No one is an island. What networks (people and organizations) that support your life. What or who would be hardest to do without at this point in your life?

When you hear of "civil rights" or "human rights," what actions come to mind? How do you have to be in order to practice these?

Invite those who wish to write a word or phrase of wisdom from the session on the prayer cloth.

4 SENDING 5 minutes

You will need... a copy of the co-facilitation schedule and the book *Everyday Justice*.

4.1 Announcements

Remind the group of the following:

- Date, time, co-facilitators, and location for the next session (Meeting at the Margins).
- Reading assignment: Read the first section ("Warning!") and Introduction of *Everyday Justice* (pages 13-30).

4.2 Closing

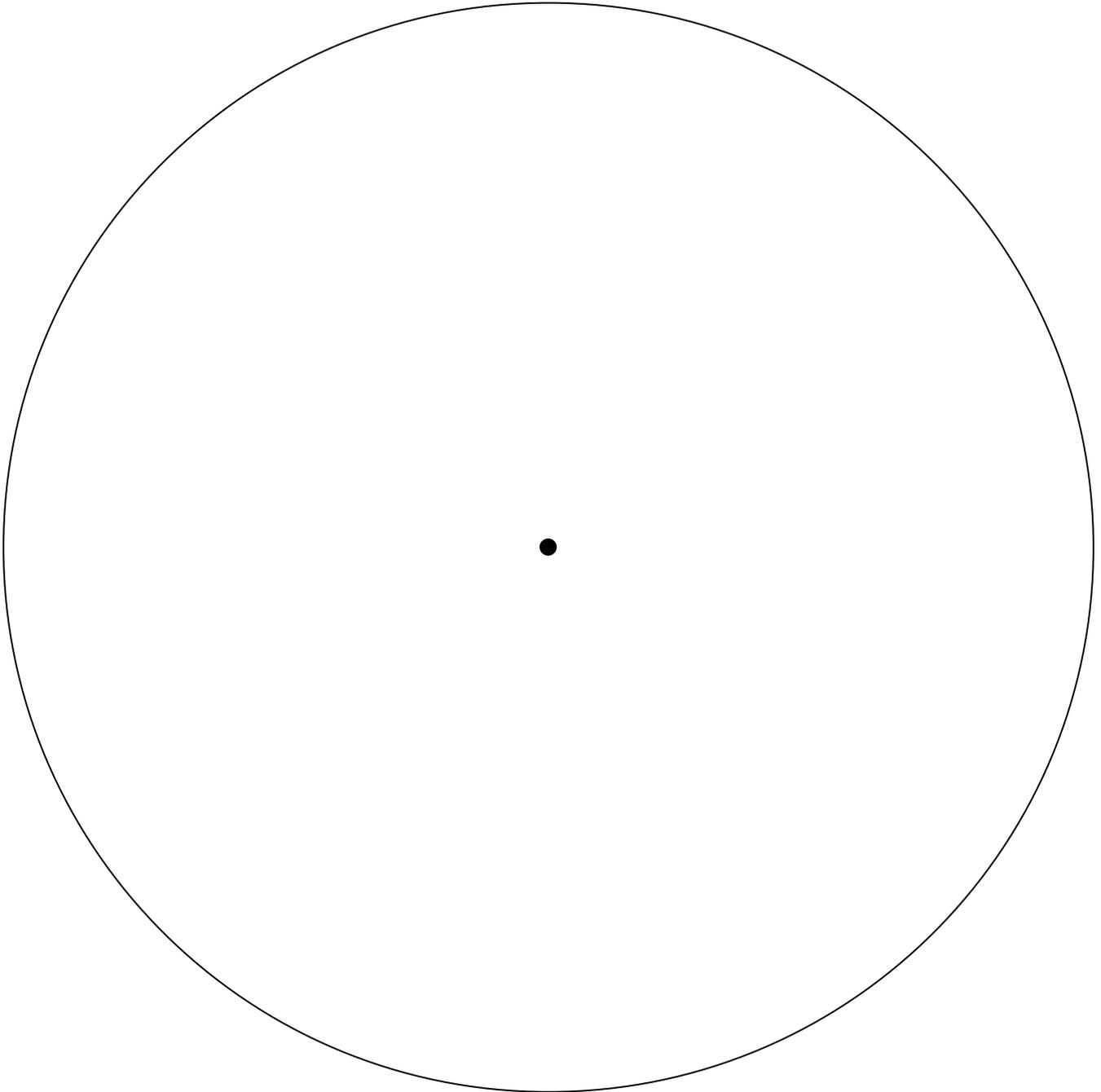
Ask people to stand and link hands:

<i>Giver of Life, we give you our thanks...</i>	(Share an insight)
<i>We ask for your help...</i>	(Speak of a situation of need)
<i>We call to mind...</i>	(Name a person or people)
<i>We ask our guides to bless us...</i>	(Name your patrons)

End with a sign of peace, a word of thanks, and a reminder to pray for one another.

Attachment A

Wheel of Love *Trim the text off of this document before using it in the session.*



The image of the Wheel of Love was originally developed by Dorotheos of Gaza (d. 620).

Attachment B

Spokes on the Wheel

One by one, call J-Walkers in your group by name and invite each of them to add a spoke to the Wheel of Love (Attachment A). Facilitators can alternate calling up J-Walkers and should invite each other to add a spoke, too.

1. (Name)... ***we are called to proclaim that all God's people have the right to a full, abundant life.*** (Pause)
2. (Name)... ***ours is the responsibility to make choices that support the value and worth of all God's holy people.*** (Pause)
3. (Name)... ***we are invited to witness, in word and action, that all God's people have the right to healthy nourishment.*** (Pause)
4. (Name)... ***ours is the responsibility to show others how to share by sharing with those who are hungry.*** (Pause)
5. (Name)... ***we are challenged to announce that all God's children have the right to a safe home and adequate shelter.*** (Pause)
6. (Name)... ***ours is the responsibility to be shelter and protection to God's homeless and vulnerable people.*** (Pause)
7. (Name)... ***we are invited to be a visible reminder that all God's people have a right to health care that alleviates their suffering.*** (Pause)
8. (Name)... ***ours is the responsibility to reach out and attend to the sufferings of God's people.*** (Pause)
9. (Name)... ***we are called to declare:
"Equal education is for all God's children!"*** (Pause)
10. (Name)... ***ours is the responsibility to teach and share our knowledge.*** (Pause)
11. (Name)... ***we are challenged to proclaim;
"Everyone belongs in our community!"*** (Pause)
12. (Name)... ***ours is the responsibility to include those who are overlooked or excluded.***
AMEN!